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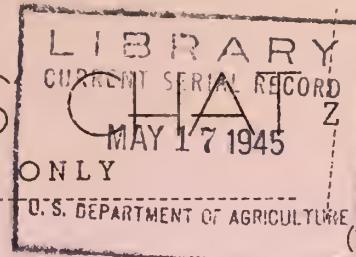
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Reserve

HOMEMAKERS

FOR BROADCAST USE



SUBJECT: "It's the Berries!" Information from the Bureau of Human Nutrition and Home Economics, U.S. Department of Agriculture

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Strawberry shortcake... "When the frost is on the pumkin... and the fodder's on in the shock" is possible in many homes in these says of quick freeze. And mighty good too.

If you're putting strawberries in your locker or the home freezer... here are some pointers you'll find helpful. They come from food specialists of the U. S. Department of Agriculture.

How good your frozen strawberries taste next fall will depend... first of all... on how good the berries are when you put them up. Some varieties are more suitable for freezing than others. So get a variety that lends itself to freezing. The state College of Agriculture or Agricultural Extension Service can tell you the best varieties in your area.

Get a good variety... and then use only the best berries of that variety. Discard the green... bruised... and overripe berries as you sort and cap them. Then wash a few at a time in cold water and drain in a colander. Leave the berries whole or slice them-- whichever way your family likes 'em best.

What about sugar? Well... most kinds of berries can be frozen without sugar.. but strawberries have better texture and flavor if you'll sweeten them with dry sugar before freezing. The food specialists say one cup of sugar to five to eight cups of strawberries will give good results. Add the sugar slowly... turning the berries over and over until it dissolves. Be careful not to crush the berries.

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Next--the packing. Put the sweetened strawberries in moisture-vapor-resistant containers. Make sure they are covered with juice. It may be necessary to press the berries down with a spoon until the juice covers them.

But make sure of one thing...that there's enough room for the berries to expand as they freeze. In a carton or bag you'll need to allow about one inch. In glass jars or tin cans...an inch and a half. Be sure the containers are sealed tightly.

Once you have packed the berries..get them into the freezer just as quickly as you can. It's a good idea to place the packages against the freezing plates or coils so that they will freeze quickly. Of course..you'll want to spread them out so the air can circulate freely around the packages. After the berries are frozen...store them at zero degrees or lower...and they'll keep their delicious freshness until you open them next fall or winter.

By the way--there's an excellent new booklet out you'll want for your food preservation library. It's called "Home Freezing of Fruits and Vegetables". It's filled with how-to-do-it directions for freezing fruits and vegetables at home. You may get a copy by sending your request to Agriculture Radio, Washington 25, D. C.

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